



# The Common Market

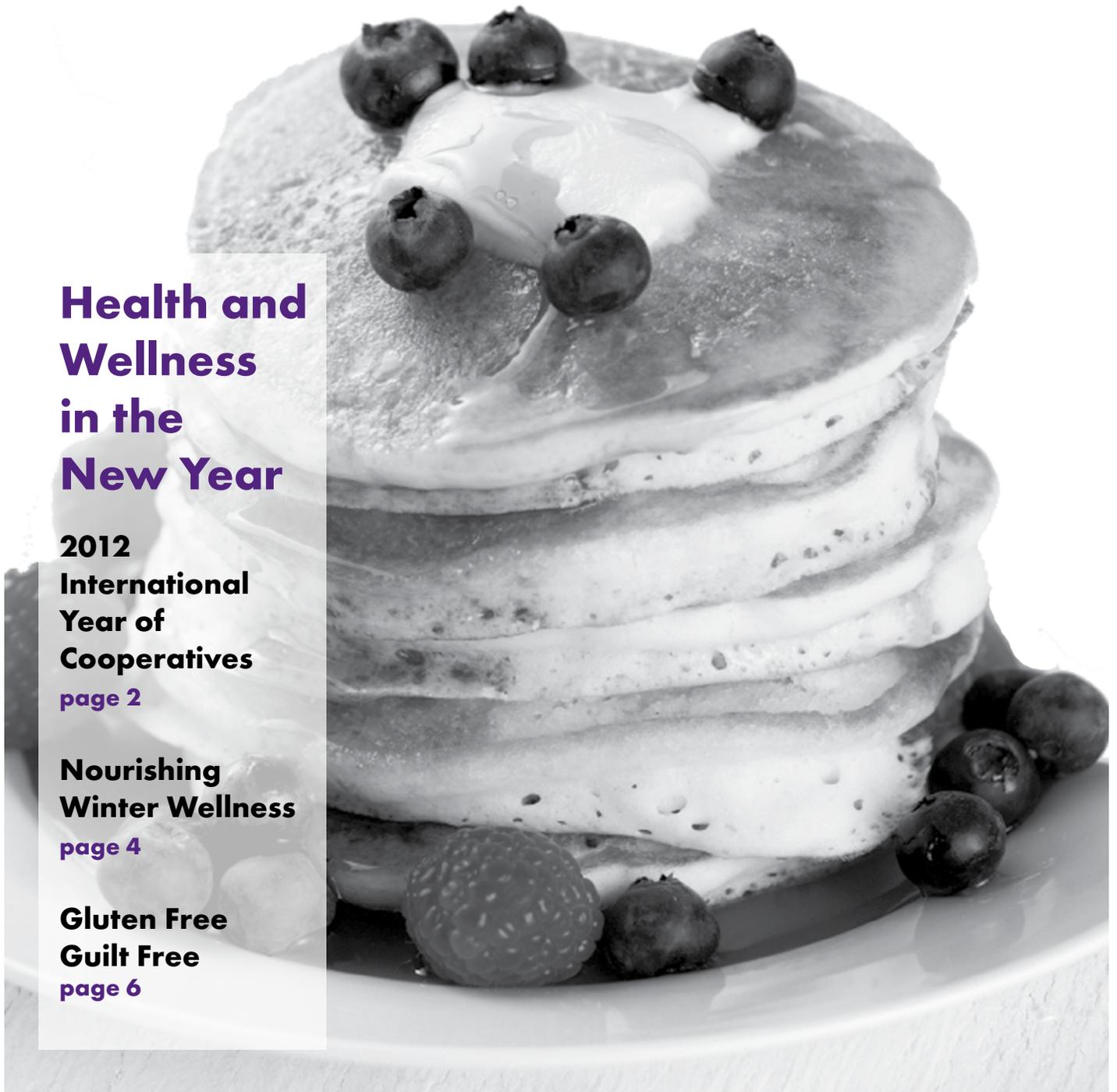
CO-OP NEWSLETTER

## Health and Wellness in the New Year

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International  
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*The*  
**Common  
 Market**  
 eat • shop • learn

Evergreen Square  
 5728 Buckeystown Pike, Unit B-1  
 Frederick, MD 21704  
 www.commonmarket.coop  
 301-663-3416  
 Mon. - Sat.: 9 - 9 • Sun.: 10 - 8

**General Manager**  
 Sarah Lebherz

**Store Manager**  
 Kathleen Weaver

**Manager of Marketing &  
 Owner Services**  
 Sally Fulmer

**Education & Outreach**  
 Zoë Brittain

**Owner Services**  
 Kendra Varnon

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 Jim Jenkins, *Vice President*  
 John Beutler, *Secretary*  
 Julie Richards, *Treasurer*  
 Pat Allen  
 Annie Marshall  
 Annette Stefancic  
 James Hanna  
 Margie Lance

**Next Board of Directors  
 Meetings**  
 Co-op Community Room - 6:00 pm  
 Thursday, January 26  
 Thursday, February 23



**GENERAL  
 MANAGER'S  
 REPORT**

By Sarah Lebherz



*Cooperative Enterprises Build a Better World*

Happy New Year to our cooperative community! This year marks a special year as the United Nations (UN) has declared 2012 the "International Year of Cooperatives." The global launch of the International Year of Cooperatives aims to increase public awareness about cooperatives and their role in creating powerful local economies and creating jobs

in a variety of sectors from credit unions to funeral homes. Cooperatives exist throughout the world and are businesses that are run on values, not just profit.

The UN has identified three key strengths of cooperatives about which they wish to educate the public:

1. This scalable - and successful- business model legitimizes cooperatives on a global level and empowers them to be major economic forces within countries.
2. The diverse, values-based business provides a sustainable source of revenue for communities and individuals - which builds lasting economic strength.
3. As member-controlled businesses, cooperatives employ democratic principles that put people first

The Common Market began as a food-buying club in 1974 and is proud to be among the many cooperatives that are being recognized by the UN. Our movement has a rich history and food cooperatives have long been leaders and innovators in providing fresh, delicious food to our communities. Supporting and promoting local, organic and sustainable food production has enhanced our vibrant local economy and our communities' well-being. We are committed to building and strengthening the communities in which we operate. The Common Market's recent Annual Report highlighted our key economic, environmental and social achievements. This report can be found on our website at [www.commonmarket.coop](http://www.commonmarket.coop).

Throughout the year you will see cooperative stories and accomplishments in our sales flyer, on our paper bags and coupon books. For more information about the International Year of Cooperatives and the important role cooperative businesses play in communities globally, visit [www.2012.coop](http://www.2012.coop).

The opinions expressed herein are those of the authors and not necessarily those of the Board, Management, Staff or Member-Owners of The Common Market Co-op. Nutrition and health information are given for informational purposes only and are not meant as a substitute for a consultation with a licensed health or dietary practitioner.

# Message from Your Board of Directors

## Board of Directors 2011 Annual Retreat Report

As the first snow fell unexpectedly early in Frederick County, your Board of Directors made its annual day-long retreat. In the spirit of cooperation, we thank the co-housing community of Liberty Village for hosting us!

This year's retreat focused on developing a long-term strategic plan for our cooperative. We have just passed 5 years in our "new" store, and the Board thought it was time to be intentional about developing "strategic conversations" and knowledge-building for the future. Many co-ops around the country have started making such plans. Our retreat facilitator, Michael Healy (who has long consulted with us from his place in the Vermont co-op community) began by having us fill in a timeline of the 37 years we've existed - it was a great exercise to remind us that building something strong takes time! It was also wonderful that our Board contains wisdom that stretches out over that whole period! The point of the retreat was to allow the Board to develop a several-months-long plan to bring together the extraordinary range of possibilities and ideas that we are able to generate, imagining possible futures for the Co-op. By early 2012, the Board hopes to finalize a set of goals for the next 3-5 years. These goals will build on our Ends Policies, thinking in creative ways about how we might expand our achievement of them. We will report on these goals in a future newsletter.



*Pictured from left to right - Annie Marshall, John Beutler, Pat Allen, Jim Jenkins, James Hanna, David Cloutier, Annette Stefancic, Margie Lance, Julie Richards*

Even when the goals are set, this is just the beginning. At that point, the Board will have to begin building its knowledge pool about these goals by reaching out to our community, and we will surely draw on our wonderful Owners! This is a good chance to remind you that you can always contact us at [board@commonmarket.coop](mailto:board@commonmarket.coop) - we don't stock the shelves or run the cash registers, but we are always interested in hearing about the big-picture possibilities you see. After all, it's OUR store!

*David Cloutier, Board President*

## Owners: Remember to Redeem Your Patronage Rebate

**REDEEMING IS CRITICAL!** It is important that you **redeem your patronage rebate voucher by 2/7/2012**. After this date, the voucher expires and your total patronage allocation becomes taxable income to the Co-op. If you have any questions about your voucher or if you need to have a duplicate voucher created, please contact Sarah at 301-663-3416 or [sarah@commonmarket.coop](mailto:sarah@commonmarket.coop)



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Find us on facebook at:  
[facebook.com/thecommonmarket](http://facebook.com/thecommonmarket)



## Owner Appreciation Day 2012

Thursday, February 16,  
Friday, February 17,  
Saturday, February 18

**Mark your calendars!**



## From the **WELLNESS** Department

### Comfort and Joy: Wellness in Winter

The New Year has begun! The New Year's Eve ball has dropped amongst joyful toasts and laughter and, if you're lucky, a smooch to ring in the New Year. We make our New Year's resolutions the night before with lots of motivation and idealism, and then in the morning feel them poking and mocking us as we struggle to get out of bed.

I offer congratulations to the few of you who actually make it over to the gym or start a strict diet in the middle of winter, and consolation and hope to the rest of you. I give you permission to roll over and relish the delicious winter sleep, snuggle lazily in your pajamas with your loved ones, and enjoy the richness of the winter stew. You are doing exactly what your genes are telling you- to hibernate, relax, and enjoy the darkness of the winter in preparation for the spring. See, even if our calendar tells us that the new year starts January 1, our biological calendar tells us that we're still knee deep in the middle of winter. Our biological calendar tells us that the new year comes with the first appearance of spring, sometime in between February and March, when the spring crocuses and daffodils emerge. The New Year is a great time to make your resolutions, but the time to implement them is when the energy of the spring plants awakens the earth. If you give yourself a few months to finish the stewing of winter, your plans will be much more successful.

According to the ancient Chinese Five Element tradition, water is the element associated with winter. Water rules the bladder and kidneys, the bones, and all watery fluids in the body including blood, urine, saliva, sweat and tears. These are precious fluids that help to maintain life, and winter is the time to nourish those fluids so that they can continue to sustain us for the following year. The kidneys were traditionally thought to store the life force and generate the inspiration and willpower for living. To this day, winter remains the most challenging time for our elders. Drink plenty of pure water and herbal teas and eat soups and stews to rebuild the juices and nourish the kidneys.

Water is associated with emotions across many cultures, and in the Chinese tradition, water represents the fear/love paradox. During the absence of the sun in winter, anxiety,

fear, and sadness can take hold over the human psyche. If we can find enough love for ourselves in winter, the love can transform the fear. We can do this by holding our loved ones close, celebrating joyful times, and showing ourselves love by nourishing ourselves physically and emotionally. Engage in gentle yoga stretching exercises and take winter walks to keep the muscles and joints limber and the blood circulating.

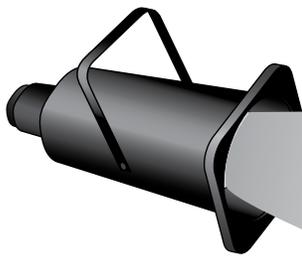
Winter is also the time of stillness and reflection. It's a time to be still and reflect on what is important, dream about your summer garden, or do nothing at all! Make yourself a huge pot of soup, soak your feet in Epsom salts by the fire, and relax. You have worked hard this year and you deserve a rest!

During winter we want to eat food that is warming and nourishing. Clean organic protein, whole grains and starches, and good quality fats supply fuel for the body to produce heat. Eat plenty of root vegetables and well simmered soups and stews. Carrots, sweet potatoes, kale, and pumpkin contain beta carotene, which turns into vitamin A and protects the immune system against viruses. Coconut oil contains lauric acid which also protects the body against viruses. Onions, garlic, ginger, and hot peppers have stimulating properties for digestion and circulation of blood. The herbs elderberry and astragalus as well as shiitake mushrooms are deeply nourishing foods for the immune system and help defend the body. If you find it extra hard to remain cheerful in winter, you may benefit from boosting your vitamin D and omega-3 fatty acid intake. These healthy fats are directly correlated with mood health and may help prevent seasonal affective disorder.

If you are one of those people who gets chronically sick over the winter, your body may be asking you to realign with nature- give yourself time to relax and nourish yourself before your body forces you to and you may emerge out of winter more prepared to take on spring and make those New Year's resolutions come true.

**Susan Hirsch is a clinical herbalist with a Masters in Herbal Medicine from Tai Sophia Institute.**  
[www.growingwisdomherbals.com](http://www.growingwisdomherbals.com)





## Staff Spotlight Kimmie Webb



Kimmie started working at the Co-op when she was just a sixteen-year-old kid. Though, you would have never known she was only sixteen if you spoke to her, as she never seemed much like the stereotypical sixteen-year-old girl. She put in her time in the Produce Department, learning (and eating!) everything she could about each fruit and veggie and gaining a deep love for produce as many of us who spent time working in the Produce Department have. She began here in 2006 as a Produce Steward, worked her way up to the Lead Produce Steward, switched over to the Café, and was promoted to Assistant Café Manager in 2011. Her work ethic and sense of responsibility have always made her seem older than she really is and is surely, in part, what landed her the Assistant Manager position at the young age of just twenty-two. She comes in a small package but is a whole-lotta woman! Kimmie is truly invaluable to the Co-op and we certainly hope she sticks around. Here's what she had to say about herself:

- **What is your current position and how long have you worked at the Co-op?**

I am currently the Café Assistant Manager and I've been here a little over 5 years.

- **What brought you to the Co-op?**

I learned about the opportunity when I was talking with some friends that worked here around the lunch table when I was in high school.

- **What are your favorite products?**

I'll take anything from the Produce Department, Coconut Bliss Ice Cream or Yerba Mate.

- **What do you like best about your job?**

I love how many amazing people I have met over the years here. So much knowledge and sooo many good times on and off the clock...And I get to play with food all day, so no complaints there.

- **What are your favorite "Co-op Memories"?**

Oh Produce Department, you have left me with far too many memories. From singing in whale (think Finding Nemo), to dance parties with parsley. I leave here every day with a funny story.

- **What type of things do you like to do outside of work?**

If I'm not at home hanging out with my cat or cooking dinner, I'm probably aimlessly walking around downtown, enjoying the scenery.

- **What's your favorite food to make?**

Steak marinated in everything but the kitchen sink and I really like making my own sushi at home.

- **Do you have a nickname?**

Kim-Chee

- **What do you want to be remembered for having said or done?**

Well whether I want it or not I'm sure the ridiculous things that I've said while hyped up on coffee and yerba will stick around, but I'll be satisfied with just being a pleasant employee to encounter.

- **Tell us something about a pet that was or is the love of your life?**

My cat loves The Common Market because she gets to roll all over my kitchen shoes when I get off work every day and get a little taste of what I've made.

- **Honey Crisp or Pink Lady? Satsuma or Honey Tangerine? Kale or Collards? Bacon or Sausage? Sausage wrapped in Bacon? Milk Chocolate or Dark Chocolate?**

Honey Crisp, Satsuma, Lacinato Kale (ALL THE WAY!), sausage wrapped in bacon, and Milk Chocolate.

### We asked other Co-op staff "What is your favorite thing about working with Kimmie?"

#### Here's what they had to say:

**Rhee, Café Baker-** "That lil' Kimmie, she's a dynamo. Kimmie has a great attitude. I love her!"

**Nick, Café Manager-** "I love the fact that she's a produce geek. For such a little woman she can really hold her own in the kitchen."

**Anthony, Café Multi-Crafter-** "She makes me feel like a natural woman."

**Steven, Hot Bar Cook-** "She brings the best out in each and every one of us."

**Molly, Produce Prep-** "I like her because she's like my little mini-me, she's prone to giggling, she can do an exceptional jig, and she's got a good head on her shoulders."

**Kai, Lead Produce Steward-** "She's great with little kids because she looks like one."

## THE GLUTEN FREE CORNER:

### Gluten Free Weight Management Using the Glycemic Index

by Becky Spyra

Happy New Year! A nice bright, shiny, new year full of new possibilities. It's that time of year when we promise ourselves to make positive changes in our habits, attitudes, and behaviors. Just coming off all the "holiday cheer" we consumed makes most of us think it's time to make changes in diet, exercise, and health habits in general. You know- eat more vegetables, more fruit, less fat, increase our daily fiber intake, get more exercise. Though we know all the changes we ought to make, we still want the occasional baked goodie- if only there were a way to lessen the "guilt factor."

Being both a wellness coach and someone living a gluten free lifestyle I have become aware of the carbohydrate challenge we face. Diets tell us "don't eat this or that" which is hard enough for most people. Then, when you consider the restrictions of food sensitivities and allergies, now we're talking REALLY hard. Though the abundance of refined carbohydrates in the regular American diet is a challenge, the carbohydrate issue for those of us on a gluten free diet can be an even bigger challenge, as many of the flour substitutes are very high on the Glycemic Index (GI) and lower in fiber.

Why does that matter? High glycemic foods spike blood glucose (sugar) levels and are associated with obesity, Type II Diabetes, and increased cardiovascular disease. High glycemic foods are now thought to be a more important factor for developing cardiovascular disease than dietary fat.

Yeah, I know. You've heard all that before, and you think,

"But, I still want to be able to have my (fill in your favorite guilty pleasure here)!" So, how can you make your goodie a lower glycemic index food and, of course, still tasty too? Through a lot of experimenting with recipes and products, a simple solution came to light.

Two ways to lower a food's glycemic index are: 1) increasing fat content, or 2) increase the fiber content. Raising the fat content is not the best solution; we already are packing around enough of that, right? So the next option would be to raise the fiber content. Are you thinking "cardboard" or "dry, grainy, bleh"? Well, thanks to some great ingredients sold at The Common Market and my favorite adventurous partner in yummys, I want to share a neat trick for boosting the fiber content of a favorite treat without losing the yumminess of it. By looking at the "net carbs" of various gluten free flours, we selected several high-fiber, low net carb ratios and came up with a good blend that boosts the fiber content and thereby lowers the carb impact per serving. This is a basic formula to calculate net carbs: total carbohydrates listed minus grams of fiber and sugar alcohols (if given) = net carbs. The lower the net carbs, the lower the glycemic index.

Here is a recipe that is only 9 net carbs per pancake, compared to 28 per pancake in a typical gluten free recipe. That means that three pancakes made from the Low-GI flour blend is equal to one of the standard kind. Pretty good, huh?

#### Low-GI Gluten Free flour blend:

- 1 cup quinoa flour
- 1 cup coconut flour (Bob's Red Mill brand)
- 1 cup corn\* flour (not corn starch)

\*Use 1 cup of millet flour if corn sensitive.

#### Gluten Free Low-GI Pancakes

(makes approx. 16 4-inch cakes)

- 3 cups Gluten Free flour blend (above)
- 1 tsp salt
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp xanthan gum (or guar gum)
- ¼ cup low-glycemic sweetener (I use Wholesome Sweeteners Agave; you can also use brown rice syrup, xylitol, or the sugar substitute of your choice)
- 2 eggs\*
- 3 cups liquid (I use Living Harvest unsweetened hemp milk)
- ¼ cup melted butter, margarine or canola oil
- 2 tsp vanilla extract

\*Egg substitute for one egg: 2 Tbsp flaxseed meal + ¼ cup water and let set until it looks like a gel. Double for 2 eggs. Pancakes may not be as fluffy when using egg substitute but still very good; and flax adds more fiber, too.

Measure dry ingredients into one bowl and stir to mix. In separate medium mixing bowl, add eggs and whisk well. Next add sweetener, oil, 2 ½ cups of the liquid, and vanilla. Mix well. Add in the dry ingredients and stir to blend. If batter is too thick add more liquid to thin. Batter will be a bit thick but shouldn't be like cake or cookie thick. Spoon or ladle onto heated (350° F), lightly oiled, nonstick griddle. Cook until bubbles appear on surface of pancake. Flip and continue cooking until middle springs back when lightly touched. Remove from griddle onto serving plate.

Come to Becky's Gluten Free, Guilt Free class on January 25th to learn more about weight management increasing fiber content, and how to lower the glycemic index of some foods. Find complete class details in the class listing in this issue.

# Magnesium – The Miracle Mineral

by Carolyn Dean, MD, ND



More than seventy-five years ago, scientists declared magnesium to be an essential mineral for our physical health. In 2006 the World Health Organization re-declared the prime importance of magnesium to health. And yet, due to modern farming practices and present day food processing procedures, this mineral is largely depleted from our soils and food supplies.

Magnesium is one of the most depleted minerals, yet one of the most important. We imagine that medicine has advanced to the stage of miracle cures, yet it's not technology that we're lacking but basic nutrients that power our bodies and give us our health.

In a world of constant and rapid-fire change, our bodies are going through energy peaks and energy crashes every day. We're exhausting our natural physical stores of energy, straining our bodies' capacity to function at optimum and properly heal itself. Although we often can't change the amount of work we are expected to perform, we can learn how to preserve and rebuild our energy levels naturally.

Magnesium regulates more than 325 enzymes in the body, the most important of which produce, transport, store, and utilize energy. Magnesium and the B-complex vitamins are excellent examples of energy nutrients, because they activate enzymes that control digestion, absorption, and the utilization of proteins, fats, and carbohydrates. Many aspects of cell metabolism are regulated by magnesium, such as DNA and RNA synthesis, cell growth, and cell reproduction. Magnesium also orchestrates the electric current that sparks through the miles of nerves in our body. Magnesium has numerous physiological roles, among which are control of nerve action, the activity of the heart, neuromuscular transmission, muscular contraction, vascular tone, blood pressure, and peripheral blood flow. Magnesium modulates and controls the entry and release of calcium from the cell, which determines muscular activity. Without magnesium, muscle and nerve functions are compromised and energy is diminished. We are operating with the power turned off. Because magnesium is involved with hundreds of enzymatic reactions throughout the body, deficiency can affect every aspect of life and cause a score of unhealthy symptoms. Without sufficient magnesium, muscle weakness, soft bones, anxiety, arrhythmia, diabetes, headaches, insomnia and heart disease can result.

The National Academy of Sciences has determined that most American men obtain about 80 percent of the recommended daily allowance (RDA) and women average only 70 percent. In addition, most magnesium researchers find that the RDA is inadequate to prevent magnesium deficiency, making the above statistics of even more concern. In spite of this concern, few medical doctors are sounding the alarm, so it is left up to you to inform yourself and protect your health and that of your family.

Discover exactly how magnesium helps one's health via a free, 32-page guide. Just go to the non-profit [www.nutritionalmagnesium.org](http://www.nutritionalmagnesium.org) and claim instant access.

***Carolyn Dean, MD, ND is a medical pioneer with over 28 years of experience with health and wellness related issues.***

***She's the medical director for the Nutritional Magnesium Association.***

***[www.nutritionalmagnesium.org](http://www.nutritionalmagnesium.org)***



# COMMUNITY ROOM EVENTS

## **The fifth Cooperative Principle:**

*Education, Training and Information: Cooperatives educate and train their members, elected representatives, managers, and employees so they can help with the development of their cooperative. They also inform the general public about the nature and benefits of cooperation.*

**Check our website [www.commonmarket.coop](http://www.commonmarket.coop) and community room bulletin board for other classes and events.**

### **Basic Organic Vegetable Gardening with Rick Hood**

**Wednesday, January 11 6:30-8:30 PM**

Our favorite teaching farmer is out of the fields and back in the community room! Learn organic vegetable gardening from this experienced organic farmer. Join Rick Hood of Summer Creek Farm for a workshop on basic organic vegetable gardening. In this class, you will learn the basics of soil preparation, nutrient management, planting, weed control, pest control and harvest timing. Rick will spend this time giving you the basics and answering your questions.

**\$10 for Owners, \$15 for non-Owners**

### **Journey into the World of Chinese Herbs with Todd McCloskey**

**Tuesday, January 17 6:00-8:00 PM**

There is a Chinese saying "The journey of a thousand miles begins with a single step." Although herbs and their uses can be complicated and numerous, join us for your first step. In this hands-on class we will introduce Chinese Herbs and herbalism for people who have little or no experience with Chinese Medicinals. Together we will learn about the use of herbs and how Chinese Philosophy intertwines with medicine to create a beautiful and elegant way to see and treat illness. This class will be hands on. You will see, touch and taste raw herbs as well as the various other forms of prepared medicines. In class we will also brew our own herbal formula for boosting the immune system as well as one from regular household herbs that treats simple digestive complaints. Come and have fun while you learn.

Todd McCloskey is a licensed acupuncturist in the state of Maryland. He has been studying Chinese Medicine since 2003. Todd graduated with a Masters in Acupuncture from Tai Sophia in Laurel, MD. Todd practices Acupuncture, Zero Balancing and Chinese herbs at Holistic Health Associates.

**\$15 for Owners, \$20 for non-Owners**

### **Raise Your Own Backyard Chickens with Rick Hood**

**Tuesday, January 24 6:30-8:30PM**

This is an introductory class to raising a backyard flock covering housing, feed and general care of a small flock of chickens. We will talk about both purchased feed and feedstocks you can use from your household. Basic chicken care and general description of housing will be explored. The harvest of eggs and proper techniques for washing and storing of your eggs will be detailed.

**\$10 for Owners, \$15 for non-Owners**

### **Gluten Free, Guilt Free with Becky Spyra**

**Wednesday, January 25 6:30-8 PM**

A gluten free diet can be a high glycemic diet, and a sure way to put on pounds. But healthy gluten free eating is tasty eating – and the only side effect is a thinner you! Learn gluten free diet strategies using the glycemic index for weight management and why it is important for better overall health. Learn how to calculate carbs from a food label. Participants will be able to adjust recipes in healthy ways to lower the glycemic index of some favorite gluten free foods. In this class, we will discuss how gluten and carbohydrate sensitivity can contribute to weight gain. Come to this workshop and take the quiz to find out if you are carb sensitive!

Becky has been living happily gluten free for four years. Now a wellness coach and gluten free lifestyle advocate, she enjoys sharing the fun of healthy, flavorful eating. She lost 30 pounds using this strategy, and has kept it off for more than two years.

**\$8 for Owners, \$12 for non-Owners**

### **Juicing for Detox, Health & Vitality with Raw Chef Chelly**

**Saturday, January 28 12-2 PM**

Start your year off to a "Juicy Start" with this amazing class all about the therapeutic properties of healing green juices. Reclaim your youth, health and vitality just by incorporating daily Juice into your lifestyle and Raw Chef Chelly will show you how!

Chef Chelly is a passionate raw vegan chef who wants to inspire everyone to eat more raw foods! Raw foods are manufactured for your body with sun energy, minerals and nutrients that fuel your body daily. Living Raw foods provide 100% natural fiber and healing for total health and well being. As a Certified Holistic Health & Wellness Coach, Chelly helps her clients to achieve a fulfilling life, optimum health and nutritional balance.

**\$20 for Owners, \$25 for non-Owners**

### **Sugar Blues with Cortney Budney**

**Saturday, February 4 10-11:30 AM**

Our cravings and diet are a mirror to what is going on with us physically, mentally, and spiritually. This talk is about identifying and understanding the reasons for our cravings as well as learning to gain control without deprivation. Find out how to honor our bodies' messages (cravings, etc) through deeper understanding of what our body is actually telling us. Learn more about the differences between artificial and natural sweeteners and how each type affects the body.

Cortney Budney is a Certified Holistic Health Coach as well as a Life Coach and Reiki Practitioner. She helps people to overcome anxiety, stress, fatigue, weight issues, eating disorders, relationship struggles, food addictions, the effects of trauma, and more. She also works with people in identifying their purpose in life, achieving their goals, and finding spiritual healing and peace. She works with individuals, children, families, and couples.

**\$8 for Owners, \$12 for non-Owners**

### **Plant Starting with Rick Hood**

**Thursday, February 9 6:30-8:30 PM**

Plant Starting will cover the basics of soil mixes, containers, germination and fertilization. Learn how to start healthy plants from seeds. Save some money or get varieties you just can't find in greenhouse plants. Come to this class to learn how a practiced propagator gets his plants off to a healthy start using the most efficient and cost effective methods.

**\$10 for Owners, \$15 for non-Owners**

### **Advance Organic Vegetable Gardening with Rick Hood**

**Wednesday, February 22 6:30-8:30 PM**

Advanced Gardening covers more in depth the areas of nutrient supply and pest management in an organic garden. Learn what a soil test really means, how to read one and how to meet it with organic materials. Learn pest management strategies in an organic garden and methods and materials to manage pest issues.

**\$10 for Owners, \$15 for non-Owners**

### **Raw Winter Warmth: Soups with Raw Chef Chelly**

**Saturday, February 25 12-2 PM**

Raw soups can be amazingly creamy and comforting. Soups encourage "stealth health" by providing excellent nutrition disguised as homey comfort foods! Incorporate a wide variety of vegetables into your daily diet just by making delicious soups with the multitudes of seasonal vegetables available. Root vegetables keep you grounded; they are also very filling. Learn how to make amazing soups that are 100% delicious, healthy and warming all over.

**\$20 for Owners, \$25 for non-Owners**

These seminars are provided as an educational opportunity for our community. The ideas expressed do not necessarily reflect those of The Common Market, our Owners or employees.

#### **THE FINE PRINT...READ ME PLEASE!**

Prepayment of your class is required to reserve your spot. Please be aware that only those students who have paid the class fee are considered to be fully registered and count toward the required minimum number of students needed to hold a class. Payment may be made using the following methods:

- By phone with a credit card.
- By mail, send a check for the required amount and please include the following information: names of all attendees, a contact phone number, Owner # if applicable, and the name and date of the classes you wish to attend.
- In person, by cash, check, credit or debit at the Co-op Service Desk.

Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called and informed of the cancellation. Students may either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows.

Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, be counted as a no-show and that seat may be given to another student.

Register for any class at the Co-op Service Desk - 301.663.3416 or [education@commonmarket.coop](mailto:education@commonmarket.coop) for payment options.

ASL interpreting may be provided upon request, but is not guaranteed. To request ASL interpreting service for a specific class, contact [education@commonmarket.coop](mailto:education@commonmarket.coop) no fewer than 7 days prior to the class.

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## In Search of Dietary Sense

By the time I was thirty I was in poor health. I had spent many years eating a highly processed foods diet and working in a very stressful environment. I was out of shape, had a lingering lower back injury and chronic chest pains. I was living off fast foods, soda, and anything that was cheap and convenient. I rarely ate any whole foods and even when I did they were a very small part of the meal. I didn't know at the time that it was the processed foods that were causing all the problems but I knew I needed a change, so I started looking for it. One thing I found accidentally was the connection between caffeine and my chest pains. I cut out caffeine and my chest pains subsided. It was an eye opener to see so directly the connection our bodies have to the things we put in them. I started hitting the books looking for answers. The first book I read was the *12 Steps to Raw Foods* by Victoria Boutenko. It was a great story of a family overcoming many health issues by going to a raw vegan diet. The story was inspiring so I gave it a whirl. The first week was a terrible detox followed by the most clarity I had felt since I was a kid. I lost weight, I started sleeping better, my back pain disappeared and I seem to have energy to spare. I had effectively cut out all processed foods from my diet.

After a little over 2 months on the raw diet, I was missing the social aspect of eating. I missed cooking dinners with my wife, going out to eat with friends and just the general enjoyment that sharing food can bring. It was about that time that I stumbled on to the book *Nourishing Traditions* by Sally Fallon and Mary Enig. I started buying raw milk in Pennsylvania, consuming raw cheeses, grass-fed beef, and making my own kombucha. I continued to feel amazing, and now I was able to enjoy wonderful meals with my family. After a year or so I started a new job that I thought would lower my stress level and allow the next phase of improved health. That couldn't have been farther from the truth. After only a month at my new job I was under incredible stress. I was working long hours, commuting 2 hours a day and amount of food I prepared at home decreased while the amount of "eating out" increased significantly. Basically I was back on the processed foods. I noticed that my health was decreasing. I was gaining weight, my back pain had returned and many of the benefits of my whole foods diet were eroding away. I was determined to keep my health so I started looking for a new career and I started digging deeper. I was also able to find out the "diet history" of my grandmother. She enjoyed a life of great health, so what she did was important to me as well, after all, I shared some of her genes.



My grandmother and I had a special bond. She was a fantastic woman, a great cook, and a terrific mother of four healthy children, ten grandchildren and ten great grandchildren. Before she passed away in 2010 at 87 years old, I was able to learn about her days growing up in up-state New York on a dairy farm. The farm was located in a tiny town with no restaurants, coffee shops or supermarkets. Basically there were no processed foods that were convenient. But that never seemed to be a hardship during all the talks we had. She really cherished her childhood and the food her mother prepared. They ate fish caught in the river near their farm, pork that they raised, slaughtered, and smoked, milk from their grass-fed dairy herd, cheese that was made from their farm's milk, maple syrup that was from tapped maple trees on the farm and tons of vegetables. She emphasized that they would "put up" almost 1000 cans of vegetables each year to get them through winter. My great grandmother was a great baker and one of the goodies she was known for were donuts. She made them from scratch and deep fried them in home-rendered lard. The farm hands would beg her to make them more often, even offering to pay her for the donuts, but she would not cave. The donuts were a treat and even though they were a "processed" food, they lacked many of the flavor enhancers, preservatives and other odd stuff that modern food processors use. They would be considered "clean" by today's standards. My grandmother grew up free from pesticides, toxic fertilizers, preservatives and flavor enhancers. She also had limited consumption of sweets and breads. Whole unprocessed foods were the staple of her diet and it showed in her health and longevity.

I have continued to experiment with various diets. I have tried vegan diets, paleo diets, traditional diets (similar to my grandmother's) and everything in between. The diets affected me in different ways and none of them are perfect. However, one thing is clear; no matter what diet I am on the key to making it work is eating less processed foods. It's also one of the few conclusions that I can deduce from the more than 40 books that I have read on various diets. I have yet to see a book on improving health that recommends eating more processed foods. While weight loss diets market highly processed "meal plans," the healthfulness of these meals is suspect, to say the least. After almost 5 years of reading, obsessing, learning, listening and even debating, I can safely say that eating unprocessed foods have made the biggest difference in my health journey.

**Jeff Stevens, Assistant Marketing Manager,  
is working on a new eating plan called the  
"It's Better with Bacon" diet.**

## Nourishing ways to embrace the energy of winter and sustain holiday cheer!

Winter is a time to pamper yourself. Do a facial steam with herbs to stimulate circulation to the face and cleanse the pores. Use raspberry leaf, calendula, chamomile, comfrey leaf, and a bit of lavender or rose. Pour very hot water over ½ to 1 cup of herbs in a small bowl. Put a towel over your head, lean over the bowl, close your eyes, inhale the steam, and relax. Enjoy until the heat dissipates.

### Winter Sun Tea

Nourishes the kidneys and lifts the spirit.

- 2 parts nettle leaves
- 1 part lemon balm leaves
- 1 part calendula flowers
- 1 part St. John's wort leaves & flowers
- 1 part chamomile flowers
- 1 part marshmallow root
- 1/2 part juniper berries

Pour 8 oz of very hot water over 1-2 T of tea. Steep for 10 min, strain, and drink.

### Baked Pears in Elderberry Syrup

Elderberries can be found in the bulk herbs department. You can make your own anti-viral syrup by boiling them in water for 15 minutes and straining. Elderberries make a rich tasting syrup that goes great with baked pears.

- 10 pears, peeled, quartered and cored
- 2 T coconut oil
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 cup rolled oats, chopped
- 2 T honey
- 1/4 cup apple juice
- 1/2 pound dried elderberries
- 3-4 cups water

Boil elderberries in 3-4 cups water in pot. Let simmer for 15 min. When liquid is reduced to half, strain and add 1 T honey.

Coat a medium sized, deep baking dish with a small amount of coconut oil. Layer pear quarters in the baking dish. In a small sauce pan melt coconut oil over low heat; stir in cinnamon, nutmeg, 1 cup apple juice and 1 T honey. Stir in oats. Drizzle mixture over pears. Put in oven at 350° F and bake 8-10 min. When pears are soft, drizzle elderberry mixture over top.

### Sweet Potato Burdock Soup

This is a very nourishing, immune boosting soup. It contains beta-carotene which helps your body fight viruses, a fiber called inulin that feeds your gut flora and keeps your immune system healthy, healing polysaccharides from astragalus and shiitake mushrooms, lots of minerals to support the entire body, and pungent spices like garlic and ginger to stimulate circulation and digestion. Feel free to add your favorite ingredients.

Save the peelings and scraps from the vegetables-skins of the ginger, burdock, and onion, celery and carrot tops-to make the stock that is the base of this soup. Burdock is available fresh in our produce section, or dried in our bulk spices section. To use dried burdock, place 3-4 oz in a muslin bag and simmer along with the stock. Astragalus root is available in tea bags in the tea section.

- 1 qt liquid- water or stock
- 2 oz dried astragalus root, put into a muslin bag (to be removed before eating)
- 1-2 burdock roots, peeled and thinly sliced
- olive oil
- 1/2 onion, peeled and diced
- 2-3 carrots, chopped
- 1 cup fresh shiitake mushrooms, diced
- 1 medium sweet potato, diced into cubes
- 3 cloves garlic, minced
- 2 inch piece of fresh ginger root, minced
- 2 stalks of celery, chopped
- 1 cup diced tomatoes
- 2 T dried nettle leaf

Chop all veggies. In a big pot, boil the vegetable peelings with the astragalus root bag, burdock root, and nettle in a quart of water for a quick stock. Simmer as long as possible (from 20 min up to 3 hours). Strain and reserve the liquid stock in a container. Sauté onion in olive oil with carrots, mushrooms, sweet potatoes and half of the garlic for 10 min. Add celery and ginger and sauté for 5 more min. Add stock, tomatoes, and astragalus bag and simmer on low for 15 min., tasting and adding the rest of the garlic right before serving.

## Messing Around with Mother Nature

Would you ever, in your wildest imaginings, guess “beaver scent sacs” as the flavor you are enjoying in your vanilla milkshake?

That’s right. Food flavorings can be made from the most unlikely ingredients. Such ingredients are not required to be named on food labels as anything other than “natural” or “artificial” flavors. Beaver scent, also called *castoreum*, is a USDA approved flavoring agent and may legally be listed as “natural flavors.” Castoreum is but one example of the many thousands of substances that we eat and drink unknowingly and are designed to influence our food choices.

Last November, *60 Minutes* aired a story called “The Flavorists: Tweaking Tastes and Creating Cravings.” The focus of the story was the segment of the food industry that is responsible for creating irresistible flavors and billions of dollars in sales for food and beverage companies. Far different from a skilled chef who uses ingredients that are generally recognizable as food to create memorable dishes; flavorists draw from the universe of natural and synthetic chemicals that may bear no relation whatsoever to the food their flavors mimic.

The starting point for such wild concoctions is the genuine genius of Mother Nature. Flavorists attempt to imitate some of the complex flavors found in nature, and then, to “improve” on them. The improvement flavorists seek is to create “irresistibility” – to create a flavor that is so pleasing we consume more and more in an effort to satisfy our pleasure centers. In short, flavorists create cravings.

At a time when so many people in our nation struggle with maintaining weight and fostering health, the ethics of fabricated irresistibility with undisclosed ingredients should give us pause for thought. Virtually every food that is packaged has been enhanced to replace flavors that are lost in processing. Even food bearing the organic label can contain “natural” flavorings. To make food taste good is not, in and of itself, a bad thing.

We should, however, be mindful that our desires are being manipulated, and that what we think we taste may be a chemical cocktail simulation of a true flavor.

Read the passage that follows and try this exercise to engage your flavor pleasure center in a deep, satisfying way with one simple food. It is called the “Tangerine Meditation” by Thich Nhat Hahn from his book *Peace Is Every Step*.

*One day, I offered a number of children a basket filled with tangerines. The basket was passed around, and each child took one tangerine and put it in his or her palm. We each looked at our tangerine, and the children were invited to meditate on its origins. They saw not only the tangerine, but also its mother, the tangerine tree. With some guidance, they began to visualize the blossoms in the sunshine and in the rain. Then they saw petals falling down and tiny green fruit appear. The sunshine and the rain continued, and the tiny tangerine grew. Now someone has picked it, and the tangerine is here. After seeing this, each child was invited to peel the tangerine slowly, noticing the mist and the fragrance of the tangerine, and then bring it up to his or her mouth and have a mindful bite, in full awareness of the texture and taste of the fruit and the juice coming out. We ate slowly like that.*

*Each time you look at a tangerine, you can see deeply into it. You can see everything in the universe in one tangerine. When you peel it and smell it, it’s wonderful. You can take your time eating a tangerine and be very happy.*

**Zoe Brittain, Education and Outreach Manager,  
wonders how castoreum made its way  
from beavers to vanilla milkshakes.**

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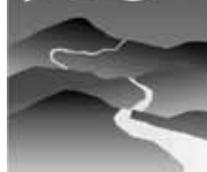
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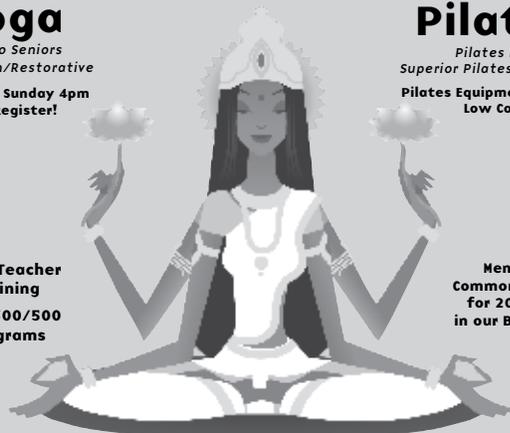
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